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PAGES 22-23



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Gunning for change

PAGES 12-13

In the second part of a five-day series, Metro examines the epidemic of gun violence in New York City, Boston and Philadelphia. / BESS ADLER, METRO

Sikh man attacked in 'hate crime'

Long walk. Prabhjot Singh, 31, who is a Sikh, was taking a walk in Central Park when he was jumped by a gang of teenagers.

Name-calling. The teens called the Columbia University professor "Osama" and a "terrorist" before beating and chasing him. PAGE 02

President Obama gives nod to de Blasio

PAGE 02

Personal finance: Save up for safety

PAGE 14

Olivia Wilde gets a 'Rush' out of fast filming

PAGE 19



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NEWS



What's trending online at Metro.us

1 Hackers crack Touch ID fingerprint sensor on iPhone 5S'

3 'Kings Of Leon: Back in the saddle'

2 'VIDEO: Transgender homecoming queen breaks down amid backlash'

Quoted

"Where are they getting these images from? Where are they getting these stereotypes from?"

Amardeep Singh, program director at the Sikh Coalition



Prabhjot Singh was punched and kicked by a group of teens while he was walking in Central Park. / MILES DIXON, METRO

Sikh professor beaten by random attackers

Colombia University.

Prabhjot Singh was surrounded and kicked after being called a "terrorist."

police said.

One of his attackers, who police said Singh described as a black male with big hair, came up to Singh from behind and yanked on his beard. As the group rode past him, they hit him several times, police said.

Singh reportedly began to run west on 110th Street. The group caught up with him and punched and kicked him several times before fleeing northbound on Seventh Avenue. Police said Singh was rescued by an anonymous good Samaritan. Singh reportedly told police he was hit four to six times. He said he could not identify his assailants in person.

Singh was taken to Mount Sinai Hospital and treated for a gash to his lip and a possible fracture to his lower jaw.

A Columbia professor was beaten on the Upper West Side in an apparent hate crime Saturday night.

Prabhjot Singh, 31, is a Sikh. He wears a turban and has a beard in accordance with his faith.

The attack occurred at about 8 p.m. on the sidewalk opposite 131 W. 110th St. on the northern edge of Central Park, police said. Singh, who was walking with his brother, told police he heard a male voice yell, "Get him," "terrorist" and "Osama." He turned around and saw 15 to 20 youths on bicycles,

What is a Sikh?

Sikhism is an independent religion, unrelated to Islam or Hinduism, that originated in and around India about 500 years ago.

- According to a Stanford University study sponsored by the Sikh American Legal Defense and Education Fund, 70 percent of Americans misidentify turban-wearers in the United States as Muslim.

Another attack

A few hours before Prabhjot Singh was attacked uptown, a Muslim woman from New Jersey was attacked in Times Square while participating in a pro-democracy rally.

- Her attacker, a large man walking past the rally, hit a woman wearing a hijab, a traditional Islamic head scarf, in the face with a poster. He can be heard on the video calling her a "f—g terrorist."

Police canvassed the scene and found a surveillance camera at 110th Street and Lenox Avenue that they said shows Singh, his brother and a group of bicyclists. The attack, however, happened out of the

camera's view. The NYPD's Hate Crimes Task Force is investigating the incident.

 DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us



Bill de Blasio received the nod from President Obama on Monday. / METRO

Big one. President Obama endorses de Blasio for NYC mayor

President Barack Obama endorsed Bill de Blasio for New York City mayor on Monday.

Obama lauded de Blasio's "vision for New York City," of which he noted "progressive change is the centerpiece."

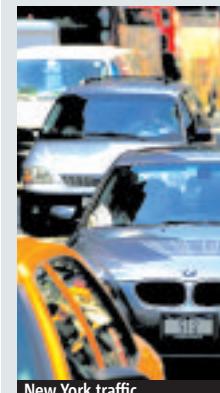
"It's why he will be a great mayor of America's

largest city," Obama said.

Obama cited de Blasio's proposals for universal pre-K, affordable housing and preserving community hospitals as "bold, courageous ideas" of de Blasio's platform.

De Blasio said he was "deeply honored" by the endorsement. ANNA SANDERS

Traffic jam



New York traffic
GETTY IMAGES

Street closures during the UN General Assembly

Traffic this week in Manhattan will be even more of a pain as global leaders and diplomats take over First Avenue for the General Assembly of the United Nations.

President Barack Obama will also be in attendance and police have closed several streets to accommodate his motorcade along with the other delegations.

For a full list of street closures, visit Metro.us. ANNA SANDERS

Under investigation

Man found dead in Prospect Park

Police are investigating after a man was found dead in Prospect Park in Brooklyn on Sunday night.

Cops responded to the call about an unconscious male near Prospect Park West and Fifth Street in Park Slope just before 10:30 p.m. Upon investigation, police discovered the 50-year-old victim unconscious and unresponsive.

He was pronounced dead at the scene.

Police have not yet released the man's identity. LAURA SHIN



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SI turkeys sent to animal sanctuary

Near death experience. The birds were removed from the island and transplanted upstate.

You could say they flew the coop — but really, they flew into one.

A group of Staten Island turkeys, once destined to die, were taken to a Hudson Valley animal sanctuary this past weekend.

"I'm sure they're a little perplexed," said Kathy Stevens, founder and director of Catskill Animal Sanctuary, where 28 of the turkeys now live.

Earlier this summer, the United States Department of Agriculture began rounding up turkeys that have lived on the South Beach Psychiatric Center grounds.

Because of health risks from their waste, the birds were taken from the grounds and euthanized at a food processing facility.

Eventually, federal and state agencies partnered with animal rights groups to take some of the birds to the sanctuary.



The creatures now live in an \$8,000 turkey barn funded by GooseWatchNYC. / GOOSEWATCHNYC

Analysis

Talking turkey

The state Department of Environmental Conservation has been monitoring the beloved Staten Island turkeys for several years.

The original birds

were part of an abandoned domestic flock but they have since bred with wild turkeys—making the current group hybrids. You can donate to help care for the turkeys on the Catskill Animal

Sanctuary website. Under strict guidelines, those interested in having a "lifelong turkey companion" can also adopt the creatures once the sanctuary is certain they're healthy.

Into the wild

"I have never heard of a situation like this, but when people take domesticated animals and abandoned them, then of course things like this are going to occur."

Stevens

"It was interesting because it was a coalition of groups that are often on opposite sides of animal issues," Stevens said.

ANNA
SANDERS
anna.sanders@metro.us

Candidates call out Iran's leader

A day before Iranian President Hassan Rouhani will address the United Nations, New York City mayoral hopefuls joined a coalition Monday calling on the newly elected leader to promote peace.

"Words are not as important as actions," Republican candidate Joe Lhota said at a press conference organized by the Jewish Community Relations Council of N.Y.

Since Rouhani was elected in June, his rhetoric has been milder than that of his controversial predecessor, but New York politicians asked that this messaging be matched with action.

While Democratic



Joe Lhota was among the politicians calling on Rouhani to promote peace. / GETTY IMAGES

All together

3

Number of mayoral candidates who attended the gathering

candidate Bill de Blasio said that "relentless pressure" from global and local leaders caused this softening, independent candidate Adolfo Carrion was a little more skeptical, saying Rouhani launched a "charm offensive."

The three candidates also took the press conference as an opportunity to reaffirm their support of Israel.

ANNA SANDERS



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Attack. Livery cab driver sought in rape of woman in Brooklyn

Police are searching for a cab driver they say raped a 35-year-old woman inside his vehicle in Brooklyn last week.

The victim hailed the SUV livery cab about 5 a.m. on Sept. 17, police said. Once inside, the driver raped her.

The woman was able to get out of the vehicle near East 95th Street and Avenue B, police said.

Police released surveillance photos of the suspect, who is described

as a black male in his early 20s, about 6-foot-2 and weighing between 175 and 210 pounds.

Anyone with information is asked to call Crime Stoppers at 1-800-577-TIPS (8477).

The public can also submit tips by logging on to the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then entering TIP577.

All calls are confidential. **LAURA SHIN**

Parents' nightmare

Girl, 3, dies while playing on fold-out sofa

A 3-year-old girl died while playing on a sofa bed with a sibling in Harlem on Sunday.

Aissante Diallo was playing with a sibling on a fold-out bed in their 140th Street home when the bed snapped shut, police said.

She was pronounced dead at the scene.

ANNA SANDERS

Fake Yelp reviewers snagged in NYC sting

Customer service.

The N.Y. Attorney General busted companies that were paying people to write positive reviews.

Nineteen companies caught writing fake reviews on websites such as Yelp, Google Local and CitySearch have been snared in a year-long sting operation by the New York Attorney General's Office, and will pay \$350,000 in penalties.

The Attorney General's office set up a fake yogurt shop in Brooklyn and sought help from firms that specialize in boosting online search results to combat negative reviews.



New York Attorney General Eric Schneiderman helped lead the sting. / GETTY IMAGES

Misleading help

"Consumers rely on reviews from their peers to make daily purchasing decisions on anything from food and clothing to recreation and sightseeing."

Schneiderman

pines and Bangladesh.

Attorney General Eric Schneiderman said the fake reviews breached laws against false advertising and deceptive business practices.

"This investigation into large-scale, intentional deceit across the Internet tells us that we should approach online reviews with caution," he said. **REUTERS**

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Poll on government shutdown spells trouble for Republicans



House Republicans say they also are looking at some tax provisions to possibly add onto the debt limit bill. / GETTY IMAGES

Battle

The timetable guarantees a down-to-the-wire battle through next weekend, with little time for the House to respond to the Senate action.

Clash. The GOP is divided over the anti-Obamacare tactic being pursued by the House.

As Republican lawmakers pushed ahead yesterday with a campaign to scuttle President Barack Obama's healthcare program, a survey suggested that they risk a public backlash should their efforts lead to a government shutdown or a default.

The CNBC poll reported that by a 59-19 percent margin, respondents opposed linking defunding of "Obamacare" to a possible shutdown starting on Oct. 1, or to a failure to raise the government's borrowing authority, meaning Washington may not be able to pay all of its bills by sometime in October or early November.

Eighteen percent were undecided, according to nationwide poll of 800 people conducted by Hart-McInturff. It had a margin of error of 3.4 percentage points.

On Friday, Republicans in the House of Representatives passed and sent to the Senate a measure that would make continued funding of the government contingent on defunding Obamacare. The bill passed on a mostly partisan vote of 230-189.

They plan a similar strategy when they take up a measure to raise the debt ceiling, which if defeated could lead to a government default.

The Democratic-controlled Senate was scheduled to take up the House spending bill late yesterday. Democrats expect to send it back to the House by Sunday with the Obamacare provision stripped out, according to a Senate Democratic aide. **REUTERS**

Today's winner

To enter your submission for the Metro Photo Challenge to win a trip to Ghana, go to www.metrophotochallenge.com.



'Evening Jog along the Hudson'

Asha Belk, New York City, Category: Sight

Ariel Castro

Son of kidnapper describes horror he felt at crimes

The son of Cleveland kidnapper Ariel Castro has described in detail for the first time the horror that overwhelmed him after his father's crimes were revealed to the world.

"I'm still shell-shocked from the way these past several months unfolded," Ariel Anthony Castro wrote in an essay published late on Saturday in the Cleveland Plain Dealer.

"Instantly, my father became one of the most hated men alive," he wrote. **REUTERS**



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Gunfire, smoke erupt in Kenya mall standoff

Casualties. The Red Cross put the death toll at 62 and recorded 63 people as missing.

Thick smoke poured from the besieged Nairobi mall where Kenyan officials said their forces were closing in on Islamists holding hostages yesterday, the third day since Somalia's al Shabaab launched a raid that has killed at least 62 people.

It remained unclear how many gunmen and hostages were still cornered in the Westgate shopping center, after a series of loud explosions and gunfire were followed by black smoke billowing from one part of the complex.

Following a pattern of the past three days, bursts of gunfire and activity have

been followed by long lulls. Kenyan Interior Minister Joseph Ole Lenku told a news conference that militants had set fire to mattresses in a supermarket on the mall's lower floors. His ministry later said the blaze was under control.

Ole Lenku said two attackers were killed yesterday, taking the total of dead militants so far to three, and added that none of the raiders were female, although some had dressed as women. However, a security source and two soldiers said one white woman attacker had been killed.

President Uhuru Kenyatta dismissed on Sunday a demand that he pull Kenyan forces out of neighboring Somalia.

Kenyatta, who lost one of his own nephews in Saturday's bloodbath, said he would not relent in a "war on terror" in Soma-



Armed Kenyan policemen take cover outside the Westgate mall in Nairobi yesterday. / GETTY IMAGES

Quoted

"While the group has grown considerably weaker in terms of being able to wage a conventional war, it is now ever more capable of carrying out asymmetric warfare."

Abdi Aynte,
Director of Mogadishu's Heritage Institute of Policy Studies

lia, where Kenyan troops have pushed al Shabaab onto the defensive over the past two years as part of an African Union-backed peacekeeping mission across the northern border.

REUTERS



Smoke rises from the Westgate mall in Nairobi yesterday / GETTY IMAGES

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U.S. citizens

White House troubled by Al Shabaab recruitment

U.S. officials are closely watching efforts by Somalia's Al Shabaab group to recruit in the United States, but have no direct information that Americans were involved in the attack on a Nairobi shopping mall, a U.S. officials said yesterday.

"All we've seen are the same reports coming out of Al Shabaab. ... But we have to run those to ground," White House deputy national security advisor Ben Rhodes told reporters, when asked whether any Americans took part in the assault.

Quoted

"So this is an issue that has been tracked very closely by the U.S. government, and it's one that we'll be looking into in the days ahead." Rhodes

Multinational group

Kenya says mall gunmen came from several nations

Gunmen involved in an attack on a Nairobi shopping mall came from several countries, a senior Kenyan security official said yesterday, without revealing what those nations were.

"We have an idea who they are, their nationality and even the number," said Julius Karangi, Kenya's chief of general staff, adding that militants were "clearly a multinational collection from all over the world."

Quoted

"We have also have an idea that this is not a local event. We are fighting global terrorism here, and we have sufficient intel to suggest that." Karangi

NO to Mullahs' dictatorship in Iran

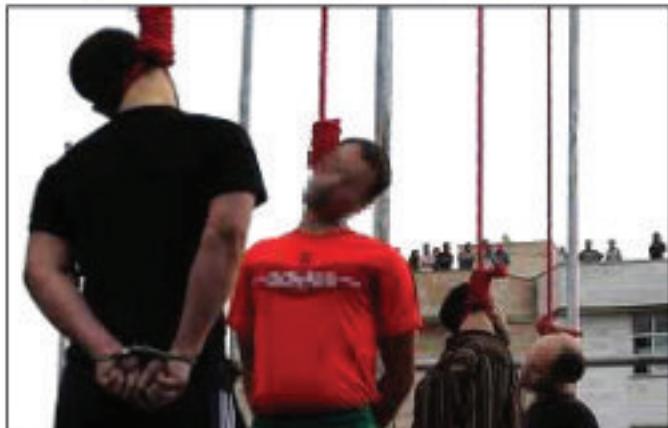
NO to Rouhani

Criminal record of Rouhani, Mullahs' President:



- Collaboration with Iraqi government in massacre of Camp Ashraf residents on September 1st.
- Some 200 executions in Iran since his elections in June.

- His support for Syrian dictator Bashar al-Assad.
- Bragging that he deceived the West in nuclear weapons negotiations and «imported foreign technology from abroad».
- Vehemently supports Hezbollah in Lebanon.



Some 200 executions after Rouhani was elected



Government of Iraq at behest of Iranian regime committed mass execution of 52 Iranian dissidents at Camp Ashraf, Iraq on September 1. The victims were executed while being handcuffed. Some were murdered in the camp's clinic. Seven Ashraf residents, including six women, were taken hostage by the Government of Iraq.

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More powerful

Microsoft revamps tablets to challenge Apple

Microsoft Corp. unveiled faster, more powerful versions of its Surface tablet computer yesterday in an effort to boost poor sales of its flagship hardware product and mount a stronger challenge to Apple Inc.'s iPad.

The Surface is key to Microsoft's plan to reinvent itself as a devices and services company, but the revamp comes less than a year after it brought out its own computers for the first time and failed to put a dent in the market. It has racked up only \$853 million in sales while generating a \$900 million charge for unsold inventory.

The Surface 2 starts at \$449 for the 32 GB version, not including a snap-on keyboard starting at \$120. **REUTERS**

Sales of new iPhones soar, Apple polishes forecast

Popular. Demand for the iPhone 5s has exceeded initial supply.

Apple Inc. sold nine million new iPhones in an opening weekend for the product that included China for the first time, almost doubling sales from the last iPhone launch, and the company issued a more optimistic financial forecast.

Apple shares jumped more than 4.6 percent after the company said revenue in the fiscal fourth quarter would gravitate toward the high end of its previous forecast for \$34 billion to \$37 billion.

Apple, which began selling the top-tier iPhone 5s and cheaper, multi-hued iPhone 5c on Sept. 20, rarely adjusts its outlook in the



Two men display four new iPhone 5s outside the Apple store at the Americana at Brand shopping complex in Glendale, Calif. / GETTY IMAGES

middle of a quarter. Since CEO Tim Cook took the reins, the world's largest tech company has begun to court Wall Street more visibly.

"The critics have told you Apple lost its magic," said Daniel Ernst, an analyst with Hudson Square Research. "Customers are

telling you something very different. Clearly, people like the product. That sentiment is almost more important than the number."

Sales of the new models were nearly double those of the iPhone 5's five million in the first weekend after its launch a year ago, and far surpassed the

roughly six million that analysts had projected.

The record unit sales reinforced expectations of strong demand for Apple's latest gadgets. Critics had said the iPhone 5c was priced too high to take advantage of pent-up demand in emerging markets.

REUTERS

May go private

Fairfax sets floor for BlackBerry with \$4.7B offer

Struggling BlackBerry yesterday signed a tentative deal to be acquired by a consortium led by its biggest shareholder, setting a \$4.7 billion floor in the auction of the Canadian company that invented on-the-go email.

The consortium is led by Fairfax Financial Holdings Ltd., a property and casualty insurer run by investor Prem Watsa. It has offered \$9 a share in cash for BlackBerry, which last week said it expected to report a quarterly loss of nearly \$1 billion.

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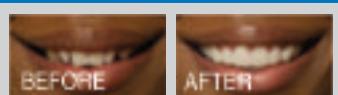
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Boston legislators, residents combat city's gun epidemic

Making changes.

From new laws to ad campaigns in troubled neighborhoods, Boston is finding new ways to fight an old problem.

As gun violence continues to tear families apart throughout the Boston area, residents and politicians are uniting to fight the epidemic that has seen a drastic upsurge in the last year.

According to statistics provided by the Boston Police Department, between Jan. 1 and Aug. 26, there were 25 homicides with firearms in the city of Boston, along with 160 non-fatal shootings. These numbers demonstrate an increase from 2012's statistics during the same time period, which showed 21 homicides with a firearm alongside 164 non-fatal shootings.

In recent weeks, the city has frequently convened to address the issue. At a Sept. 13 legislative hearing, Suffolk County District Attorney Dan Conley spoke of targeting violence from the angle of those who sell firearms, rather than focusing on just those who carry them illegally. In "An Act to Combat Gun Violence," Conley proposed 26 different changes to state law,



Elizabeth Warren addresses a group at a 25-state national bus tour sponsored by Mayors Against Illegal Guns. / NICOLAUS CZARNECKI, METRO

Gun culture

Following the trail of our bloody streets

Boston, Philadelphia and New York City are three very different cities with a common problem. Gun violence has destroyed the lives of countless individu-

als and families on our streets and wrought devastation across vibrant neighborhoods, searing itself into their fabric.

Today continues the week-long series in which Metro examines the impact gun violence has had on those cities as well as our country

in the aftermath of the recent massacres at the Washington Navy Yard, Sandy Hook Elementary and Aurora, Colo. We will look at what each city is doing to change the deadly culture that, on a daily basis, leaves its bloody imprint on our communities. **THE EDITORS**

Searching for meaning

"I have vowed that his life does not end on the sidewalk, and his death will not be in vain." Pastor Kim Odom

including a 2.5-year minimum sentence for unlawfully selling a firearm and forbidding felons from employment with licensed firearms dealers.

"We in Massachusetts have to redouble our own efforts and do the work that Washington refused to do," said Conley.

Those efforts include several campaigns, like No More Names: National Drive to Reduce Gun Violence, a 25-state national bus tour sponsored by Mayors Against Illegal Guns, co-founded by Mayor Thomas Menino. Urging leaders to support stronger background checks for gun buyers, the tour landed in Faneuil Hall in late August and featured speeches by Menino and Senators Elizabeth Warren and Ed Markey. Also present were those whose lives have been tragically affected by gun violence.

Pastor Kim Odom, who lost her 13-year-old son Steven to gun violence in 2007, expressed her mission to the crowd: "Where did the gun come from that took my child's life? Where are the guns coming from that are taking the lives of our loved ones?"

Another campaign seeks to mobilize the strug-

gling Mattapan community from the inside out. Just a little more than two weeks ago, the city unveiled a grant-funded campaign in Mattapan that features 12 residents affected by gun violence.

The Massachusetts Coalition to Prevent Gun Violence formed in the wake of the Sandy Hook shootings in December 2012.

An umbrella group of more than 30 anti-gun organizations, the group has had a strong presence at recent rallies and legislative meetings.

The coalition advocates background checks for gun purchases at all levels, including private sales.

And while they may not know how to specifically attack the problem, leaders in the city's government are at the point where they recognize the problem must be addressed.

"The opposite of violence isn't peace; it's opportunity," said City Councilor Mike Ross recently at an event in Dorchester. "I don't believe that any one of us has all the answers, but that all of us, together, do."

MEGAN JOHNSON
letters@metro.us

Second wind

Universal background checks bill at a standstill in Pennsylvania

Pennsylvania House Bill 1010 would close a loophole, mandating background checks for the purchase of long guns, not just handguns.

But Harrisburg has done nothing since the bill's introduction in March, said Shira Good-



Weapons are for sale at the Philadelphia Archery & Gun Club. / CHARLES MOSTOLLER, METRO

man of the gun control advocacy group Cease-FirePA.

"They are not moving any laws related to guns," Goodman said of the Legislature. The bill has stalled, even after testimony from the families of victims of Newtown and Pennsylvania State Police earlier this year.

Arguments from the National Rifle Association, gun store owners and other groups have said that long guns are rarely used to kill people.

"That's not a good argument to us," Goodman said.

Even though Goodman admits Pennsylvania is a difficult state for passing better gun control laws due to "a long tradition of being a strong NRA state," she said things have been shifting: HB 1010 is gaining bipartisan support.

If the bill is enacted when the House reconvenes for the year, Pennsylvania could become the seventh state to require universal background

checks. Goodman said the city of Philadelphia is helping lead the fight.

"Something has to happen," she said.

"I don't know what it will take to wake up our legislators. Some of them get it. But their own colleague Gabby Giffords is getting shot. It has to be the force of the public showing that we're willing to make ourselves heard in their offices, on the phone and, eventually, at the polls."

CHRISTINA PACIOLLA



A group of female gun owners in New York show their feelings at a pro-gun rally in Albany that took place in February 2013. / BESS ADLER, METRO

Gun advocates make case in tough state regulations

Two Colorado lawmakers were recalled from their state Senate in early September for supporting stricter gun control legislation in the Rocky Mountain state. The lawmakers who replaced them are already talking about overturning the new gun laws.

Don't expect the same thing to happen in New York. State lawmakers overwhelmingly passed some of the toughest gun laws in the country in January of this year and the chance of repealing it looks slim to none.

Tom King, president of the New York State Rifle and Pistol Association, said the group's effort to stop the Secure Ammunition and Firearms Enforcement Act from going into full effect has been "difficult." The group has spent \$300,000 on a lawsuit that is still slowly winding its way through state district court. The suit seeks to stop the new laws.

"We're not running away from this fight, but it's tough and you only get one chance, so we have to make sure that our case is just right," King said.

The law, which goes into effect in stages, has left New York gun owners frightened, he said. And it's also driven some people to leave the state.

"A lot of people are plain moving out because people are fed up with their freedom being tampered with," King said, speaking of gun owners he's known.

The new laws have led to several gun-rights protests in Albany, including

Common ground

There are aspects of the law that even the protesters agree on, such as:

- Keeping guns out of the hands of the mentally ill.
- Statewide recertification of gun permits every five years.
- The closing of private

sales loopholes except for immediate family.

51st state?

"People don't understand guns down there. [New York City] should be its own state."

Protester Bill Greames, 55

one organized by the NYS-RPA in February, where more than 5,000 outraged New Yorkers gathered in front of the state Capitol to protest the SAFE Act, which Gov. Andrew Cuomo billed as imposing the toughest assault weapons ban in the country.

In addition to requiring universal background checks on gun buyers and strengthening the penalties against people who use illegal guns, the bill placed a seven-round bullet limit on all weapon magazines.

The SAFE Act, like any large piece of legislation, is burdened with its share of pluses and flaws, though none is as emblematic as the seven-round limit that was placed on gun magazines.

Once a centerpiece of the act, the restriction has since been suspended — a move that was underlined by Cuomo's admission that "there is no such thing as a seven-bullet magazine. That doesn't exist."

As it stands, New Yorkers are allowed to purchase 10-round magazines, but they are then being trusted with the act of not loading those magazines to full capacity.

Standing on the lawn outside the New York Legislature on Feb. 28, beneath banners emblazoned with the Bushmaster AR-15, it becomes clear that the new laws represent a personal attack for some gun owners.

"It's a tool," says Chris Grady, a paramedic from Ithaca, N.Y., and AR-15 enthusiast, "a cool-looking tool. It's like having a pair of plain working boots or having a badass pair of Army boots. The AR-15 is badass, is what it is. But the gun wouldn't be any good for committing a crime."

KIT DILLON WITH ADDITIONAL REPORTING BY ZACH MAHERS



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YOUR SAFETY FUND IS CALLED A SAFETY FUND FOR A REASON

Here's the thing about an emergency fund: You want to know that you can count on that cash — ideally three to six months of expenses — to cover you in a crisis (like a job loss, illness or death).

But these days there's something eroding your savings as we speak, and it's called inflation. Today, with interest rates in most savings accounts hovering below 1 percent — and inflation at about 3 percent — it's almost guaranteed that as the cost of living rises, the actual value of your savings will drop. What can you do to protect the long-term value of your cash?

Find ways to help it grow.

Conventional wisdom says that you should keep your safety net or emergency fund in a

savings account or similar "risk-free" asset. But nothing, not even keeping your money under the proverbial mattress, is completely free of risk. And our analysis finds that you can do better by investing your emergency fund in a diversified portfolio.

Granted, investing money that you're counting on for your peace of mind may sound like a recipe for insomnia. But if you invest in a portfolio with low to moderate risk, the upside is that your money is likely to grow — or at least not lose value owing to inflation.



First calculate how much you want in your safety fund.

Let's say your monthly expenses are about \$2,500, and you stash away enough to cover you for four months:

Four times



YEAH, DON'T DO THIS.
THINKSTOCK

\$2,500 is \$10,000. Betterment's advice is to invest in a 40 percent stock allocation, with 60 percent in bonds, using a portfolio of low-cost exchange-traded funds (ETFs), that track the market.

Some people call this strategy "passive investing," because ETFs are funds that mirror the ups and downs of a certain market or sector of the market (like U.S. stocks or pharmaceuticals). But there's nothing passive about putting your money into the market, and ETFs, like index funds, allow you to do as well as the market does.

But what if the market doesn't do well?

How do you

protect your cash when the market dips? Our analysis shows that by building in a buffer of, say, an additional 30 percent (so you'd increase a \$10,000 fund to \$13,000), you can protect your core nest egg in case the market drops.

But remember: Ideally you're not going to touch that money unless there's a real crisis. So during the years when the market is up (i.e., 2011 through today), your money will grow and you'll end up with extra cash that you can put toward other goals. Now that's a better way to live.

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Grad school means passion

Higher ed. Dr. Lee Skallerup, the professor and blogger behind College Ready Writing, says to choose your words (and your program) with care.

With an academic career, a blog and an active social media presence, professor Lee Skallerup is rarely at a loss for words. She started the blog College Ready Writing in 2010, and subsequently it became a part of the website Inside Higher Ed. Professor Skallerup gave us expert advice on choosing the right graduate program, and why writing poorly is like wearing sweatpants to a job interview.

You blog a lot about how writing has given you



Is your writing akin to lounge wear, or is it a three-piece suit? For grad school, make sure it's the latter. / WAVEBREAK MEDIA

a new perspective on academia. How is writing for graduate programs different than in other places?

One of the things that new grad students struggle with in transitioning from undergrad writing is that they really need to foreground their own ideas. Grad school is much more about being able to present your ideas

and your own conclusions as they're informed by what you're reading and synthesizing. Students have to make that transition between summarizing what somebody else has done to coming up with and articulating their own ideas. But sometimes it doesn't happen until they're writing their dissertation or master's thesis.

How do you know if a student is ready for graduate work?

There has to certainly be a passion for what it is they want to study. If they don't have a passion, they're never going to get through however many years of graduate school they have ahead of them. It's not just about the topic, it's also about the desire to find those conclusions, to find

those ideas and have those epiphanies.

How did you know you wanted to go to graduate school?

I have a bachelor's degree in English, and there was so much more that I wanted to know about literature, because I had a feeling that there was more to know and I wanted to know it.

What's your advice for students looking at professional programs, MBA programs or law school?

You have to take seriously the word "professional" in that case. Every instance of your writing is an opportunity to show your professionalism. Pay attention to following directions [and] proofreading, but also what kind of person you want to present yourself as being.



JULIA FURLAN
julia.furlan@metro.us

Advice

Do your research

"If you're considering grad school, research the programs, the faculty and the financial support that [it] typically offers. You want to work with somebody who is working in an area that you're interested in, that will work with you as well as for you."

Be a professional

"Always remember the person you want to present yourself as being through your writing. Your writing is how people will know you. The analogy I use with my students is that you wouldn't wear sweatpants to a job interview. Make sure your writing is as professional as the clothes you wear for the job interview. In a lot of cases, people will see your writing before they ever see you."

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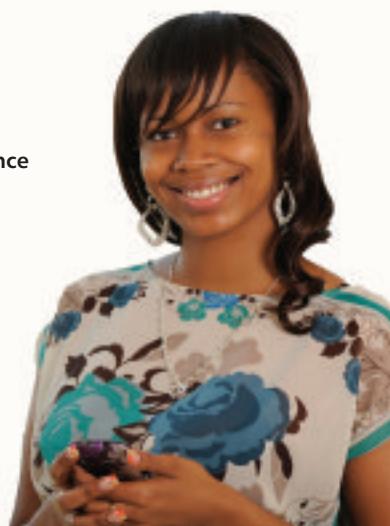
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Five questions to ask yourself when choosing a graduate school

Think hard.

Digging deep before you begin will help you make the right decision.

You may or may not already have an idea of what your preferred career would be. The big "Where do I go from here?" question can be overwhelming, so start by reflecting on these questions.

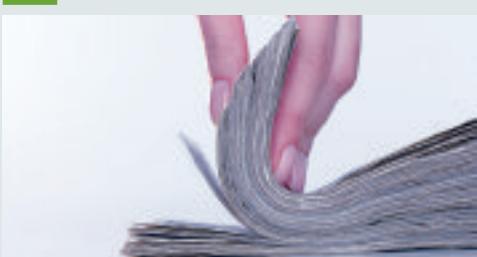
1 Why do you want to be in a given profession?

Many people ask themselves this question when their journeys become so stressful that they begin to doubt and wonder if they've made the right choices. The answer to this question is the key to keeping yourself motivated during the long nights of studying. Remember what attracted you to a certain program or career in the first place, what you value most, what your skills are and what your chosen path can give you that others cannot.

2 Does your program of choice correspond with who you are?

If you are a shy person, you probably don't want a career in the spotlight. Don't become a physician if the sight of blood makes you as queasy

Tip



Doing your research online can make the investment worth it.

STOCKBYTE

On the money

One particularly useful source for information on financial aid can be scholarship

websites. Once you sign up, you can use the search engine to locate scholarships, bursaries and other awards that match your profile.

as it does your patients. But teaching biology or working as a scientist — those are other viable options.

Your skills are also part of who you are, so use them to lead you in the right direction.

3 Do you know what your profession of interest is all about?

Television shows are entertaining, but they often set unrealistic expectations about certain professions. Rather than blindly pursuing a career and living with the consequences thereafter, start doing research. Browse the Internet and read books by

the leaders in your field. Talking with people in the industry is one of the best sources of information. Try asking your college career center to connect you with alumni who can give you a sense of what a particular graduate program or career is all about.

Shadowing, interning and volunteering are other great ways to learn if a particular field is the right choice for you.

4 What are you willing to do to get there?

You will be investing many years of your life and thousands of dollars to achieve your goals. Are you willing to commit to

Harvard asks donors for

Harvard, the richest university in the United States, announced on Sept. 21 it will seek to raise some \$6.5 billion in donations to fund new academic initiatives and bolster its financial aid program.

The Cambridge, Mass.-based university has already raised \$2.8 billion from more than 90 thou-

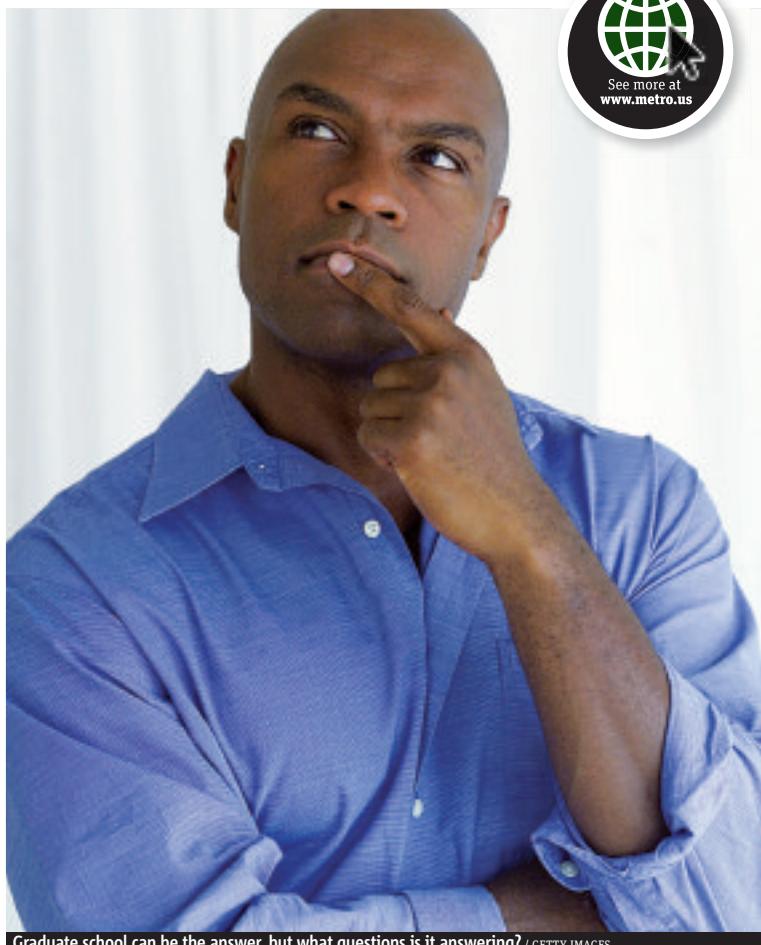
sand donors during the pre-launch phase of the campaign — its first major fundraising drive in more than a decade, the school said in a press release.

The money will help Harvard, ranked America's No. 2 university behind Princeton by U.S. News & World Report this year, "ensure its leadership role in the rapidly shifting

landscape of higher education," it said.

Nearly half of the money will support teaching and research initiatives, while a quarter will be used to fund financial aid and related programs. The rest will go toward capital improvements and a flexible fund, Harvard said.

Harvard Provost Alan Garber said in an emailed



Graduate school can be the answer, but what questions is it answering? / GETTY IMAGES

making those sacrifices? It might involve leaving your family, friends and hometown. It will definitely involve sleep deprivation and above-average levels of stress. Whether you're working while going to school or going full-time, you have to decide whether what you will be getting is worth what you have to give up.

5 How can you make your degree work for you financially?

Research government loans and bank loans and check if you are eligible for financial aid from schools you're interested in. Book an appointment

with a bank when a website's information is too vague or not applicable to your situation. Make sure you come prepared with specific questions for these appointments.

Working for a few years to increase your savings is another option if time is on your side. The career you're shooting for may or may not be something you enjoy, but remind yourself that what you have is a long-term goal and saving up is only a temporary stop on your way to the finish line.

There are plenty more questions you can ask yourself. It will take

time before you come to a final decision and determine what your next steps should be.

Your answers to these questions may change as you gain experience and circumstances change, and that's OK. You're not the exact same person you were when you were 15 years old — change is part of life. Just be certain that you are making an informed choice.

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\$6.5 billion in funding

statement that donating to the university was a way for people "to improve the world and advance causes they care about."

Harvard already has an investment portfolio worth around \$30.7 billion, roughly the size of the annual gross domestic product of the Baltic nation of Latvia.

That endowment

shrank 0.05 percent in the fiscal year ending in 2012, after double-digit gains the previous year, according to the most recent figures from the university.

A Harvard spokeswoman did not immediately comment on why the university required the donation drive in order to fund the new initiatives.

REUTERS

By the numbers

\$30.7 billion

Harvard's investment portfolio is roughly the size of the annual gross domestic product of Latvia.

REUTERS



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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Chloe Grace Moretz is trying to bum herself out and Joss Whedon is a man of medicine.

@ChloeGMoretz: Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song

@josswhedon: They call me "The Love Doctor" because I can cure it.



GETTY IMAGES

Emmys? What Emmys?

Catherine Zeta-Jones showed she didn't need to be Michael Douglas' arm candy for the Emmy Awards. While Douglas collected a statuette for his work in "Behind the Candelabra," his estranged wife made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China, to celebrate the announcement of a new \$5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Why did Merritt Wever bolt at the Emmys?

Merritt Wever won Best Supporting Actress in a Comedy Sunday night



MERRITT WEVER
FILMAGIC

at the Emmys, and her acceptance speech was one for the books. "Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met? Sounds like the "Nurse Jackie" star just had a good old-fashioned freakout. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

Metro/Melinda Taub

One amazing Emmy after-party

Amy Poehler and Jon Hamm hosted what must have been the coolest party ever after Sunday's Emmy Awards. And all you had to do to get in was not win an Emmy.

OK, that's not all you had to do. Probably you also had to be their friend or something. Still, partying with them must have taken the sting out of their Emmy non-wins for stars like Aubrey Plaza, Elisabeth Moss and Zooey Deschanel. "I wanted a place where everyone can celebrate, because win or lose it's about moving forward and having fun while doing it," said Amy Poehler. The party was such a hot destination that the guest list even included winners, like

By the numbers

\$1,000

What Emmy winners had to donate to World Wide Orphans to attend Amy Poehler and Jon Hamm's hosted party.

Tina Fey, who won for Best Writing for "30 Rock" — but unlike losers, who got in for free, winners had to make a \$1,000 donation to World Wide Orphans, according to E! Online. But in return, they received an engraved bottle of Johnnie Walker Blue Label to commemorate their win. Aww, poor winners. Don't worry, guys, I'm sure you'll lose next year.

Metro/Melinda Taub

Talking point

Kunis and Kutcher's love goes way back

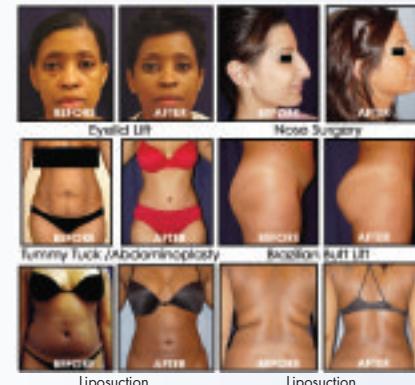
Mila Kunis and Ashton Kutcher's former "That '70s Show" co-star Laura Prepon "wasn't surprised" when Kunis and Kutcher began dating last year, telling Us Weekly that it's "incredible" to see them together. In fact, she confirms that way back when they made their sitcom, Kutcher was actually Kunis' first kiss — on-screen or off. Prepon also believes that, should what appeared to be an engagement ring on Kunis' finger this month lead to a wedding, she'll get an invitation. "We support each other no matter what."

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Olivia Wilde just wanted to be directed by Opie

Interview. The star had few on-screen minutes to bring romance to life, but she did a lot with them.

Olivia Wilde was more than happy to show up for "Rush" — even if her part took only nine days to film — just to get a chance to be directed by filmmaker (and former "Andy Griffith Show" star) Ron Howard. Wilde plays Suzy Miller, a high-society fashion model briefly married to Formula 1 driver James Hunt (Chris Hemsworth).

You don't get a lot of screen time to get this character across.

Yeah, she's there to serve a purpose — I think to show a bit of James Hunt's

On set

Dreams of directing

"I made a short years ago. It was my first foray into it, and it kind of gave me confidence to do it again in a bigger way," Wilde

says of stepping behind the camera. "It let me know that I've never been happier than when I was on set directing. It just finally felt like I put on shoes that fit. I was determined to do it again."

personal life, which was tumultuous. I loved the way that he charmed Suzy. She wasn't just impressed by his fame or looks. It was the way he approached her with such fearless romanticism. She's a really interesting woman. She remembers James very fondly, which was a big clue for me. I wanted to do justice to the love story that I believe existed between them.

You're playing a famous woman who has to

deal with the paparazzi, something you do quite well in your own life. I try. Maintaining an outsider's perspective of it is important — understanding how odd it is and not letting it feel like a personal attack on you but understanding it as its own bizarre industry. But the darker side of that, the kind of stalking, is just strange. I think you have to maintain a sense of humor about it or you'll go crazy. I think I get it easier than a lot of other people,

so I try not to complain. ... My hope is that with social networking and Facebook culture, everybody's turning themselves into a celebrity, and maybe the complete lack of privacy for everyone will backfire and people won't support the industry that specializes in stalking.

That would be nice.

Yeah, it could happen. It's very weird: I've now developed a sense — I can hear a shutter from a really long distance. It would be wiser for them to have silencers because that's usually how I figure out where they are. It's an interesting thing, because if I'm with my sister I'll say, "Wait." I can hear it and she can't. I'm like a dog with a whistle.



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Olivia Wilde plays Formula 1 racer James Hunt's wife in "Rush."
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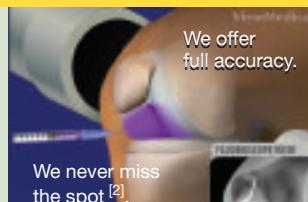
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A band so nice that you'll say it twice

Opening act.

Wildcat! Wildcat! are worthy of the exclamation points in their moniker.

In today's industry-driven musical climate, it's very rare and all the more refreshing to see a band grow strictly through word-of-mouth and hard work. And if there's any justice out there, you'll be hearing a lot from Wildcat! Wildcat! in the near future.

A Los Angeles three-piece featuring Jesse Taylor on bass, Jesse Carmichael on drums and Michael Wilson on keys, the players have known each other since high school, and while they've worked together before, Wildcat! Wildcat!'s musical journey began very recently—and at first had no intention of becoming an actual long-term project.



Wildcat! Wildcat! are, from left, Michael Wilson, Jesse Taylor and Jesse Carmichael. / NOLAN GAWRON

Quoted

"This was just a project that we were doing for fun and for ourselves to listen to and be excited about."

Wilson, on Wildcat! Wildcat!

"I think we played our first show Jan. 31, 2012," notes Wilson. "This was just a project that we were doing for fun and for ourselves to listen to and be excited about. It was literally supposed to be just one show that we really wanted to play. We put out a couple songs before the show, and it ended up be-

ing super-packed. ... After that we had to decide if we were going to slingshot forward ... but instead we chose to get to know ourselves, our sound and our band a little more."

Beginning the year with only a limited edition 7-inch and a few tracks on Soundcloud available to their listeners, the band

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Taking time

The fans are getting restless

Look for Wildcat! Wildcat!'s self-titled EP, released last week on Downtown Records. While it contains many of the songs that caught the eyes and ears of those in the know, it's the perfect teaser while the band and their fans wait for the release of their debut full-length.

"We want to get our music out as quickly as possible," says Wilson. "The fans we have have definitely waited a while. We want to move on as artists as well. We want to do a new album and write more. We had mentioned early next year, like March or April, and we're really striving for that."



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NEW DVD SET SHOWS OFF 'LOST' FILMS

In his 1996 mock-doc "Forgotten Silver," Peter Jackson jokingly unearthed the work of a silent-era New Zealand pioneer who made major technological leaps (color, sync sound, etc.) years before the rest of the world. In reality, the nation has proven a surprising hotbed of great archival finds — many of them American. About 80 percent of our country's silent films are designated as lost, but some have cropped up in Kiwi collections, having journeyed well across the Pacific.

Fourteen of these have been made available in the DVD collection "Lost and Found: American Treasures from the New Zealand Film Archive," put out by the National Film Preservation Foundation. Almost all hail from the U.S. But the biggest find is British: "The White Shadow," now the earliest



Alfred Hitchcock was assistant director on 1923's once-lost "The White Shadow," which now exists in partial form. / NATIONAL FILM PRESERVATION FOUNDATION

available film with a credit to Alfred Hitchcock — although only the first three reels have been found. Hitchcock was only its assistant director, but he claimed it was the first film he really got his mitts on — and it shows.

Disc Jockey

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Matt Prigge gives us the 411 on the latest DVDs and Blu-rays.

The set includes a complete feature from another major director: 1927's "Upstream," a backstage comedy from John Ford. His name is synonymous with John Wayne Westerns, like "Stagecoach" and "The Searchers," but "Upstream" shows he's nearly as comfortable in the theatrical world as he is among real men.

The majority of the disc boasts short work, and it's a well-curated lot that shows off the wide variety of entertainment from cinema's first three decades. There's a train movie — one of film's earliest popular genres — plus a cartoon and multiple comedies, including the earliest available film starring and directed by Mabel Normand, one of comedy's earliest female stars. With this set, there's a bit more light shed on a history largely in the dark.

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A look back at Nickelodeon's 'golden age'

Dialogue. Author Mathew Klickstein interviewed hundreds of Nick insiders for dirt on every kid's favorite network.

Most kids watch Nickelodeon strictly for entertainment. But Mathew Klickstein wasn't most kids.

"I was just always very engaged in what was going on behind the scenes," says the author of the new "Slimed!: An Oral History of Nickelodeon's Golden

Age." "I was almost custom-made to do this book."

Growing up, Klickstein was glued to his TV for now-cult classics like "Roundhouse" and "Double Dare." His passion for what he calls the "golden age of Nickelodeon" — roughly 1983 through 1995 — inspired him to "jump through a lot of hoops" to score interviews with some of his favorite TV stars of yore. Now, he even counts many of them, like "Double Dare" host Marc Summers, as friends.

Ironically, Klickstein doesn't watch any television these days, as he thinks the quality has gone downhill since his favorite

Nick shows were on.

"You could tell immediately that you were watching Nick," he says. "[Its shows] looked different. They were doing something they just can't do now."

But not all of his feelings about TV have changed.

"I've given up in trying to pretend: My favorite shows were 'The Adventures of' Pete & Pete' and 'The Ren & Stimpy Show' then, and they're 'Pete & Pete' and 'Ren & Stimpy' now."



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Heidi Lucas (Dina) and Michael Bower (Donkey Lips) pal around on the set of "Salute Your Shorts," a show that almost never was. / COURTESY HEIDI LUCAS

Secrets

Three things you didn't know about your favorite shows

There wasn't that much hooking up behind the scenes: "Most of these shows were only on for a couple seasons — they were just rerun over and over in syndication," Klickstein says. "The Midnight Society [from 'Are You Afraid of the Dark?'] did

all those intros in a couple weeks, and then they were done."

Kenan and Kel no longer speak with each other:

Kel was originally the more successful of the duo, Klickstein says, "and became a bit of a diva. And suddenly Kenan gets in with Bill Cosby and does 'Fat Albert,' now he's on 'SNL,' so he's the successful one. Kel's doing gospel music now." **There almost wasn't a**

"Salute Your Shorts": The camp show was deemed "cookie-cutter" and "stereotypical" when the pilot was written. "The original script was so bad that the VP of production, Geoffrey Darby, held it in front of the producer and said, 'You know what I think about this?' And threw it in the trash." After the producers begged for another shot, Darby "worked with them to completely rework the script."

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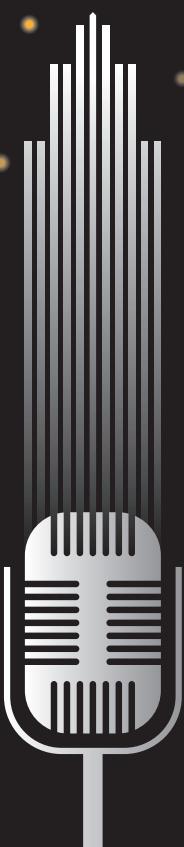
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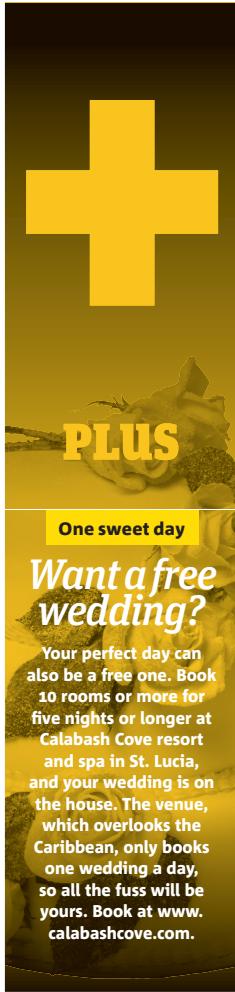
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Stillwater, Minn.

Rambling Victorian homes and a vibrant downtown make Stillwater, along the St. Croix River, ultra charming. Restaurant and imbibing options include at least three wine bars, sushi at Shanghai Bistro and Caribbean barbecue at Smalley's Caribbean Barbecue & Pirate Bar. Around 100 indie-owned boutiques line the streets. Antiques lovers won't want to miss American Gothic Antiques, best known for its Civil War memorabilia. Fashion hounds adore Finney Fox for its retro vintage apparel.



Traverse City, Mich.

Among several wine-tasting rooms here is one owned by Madonna's family, Ciccone Vineyard & Winery. Downtown fea-

tures 12 or so art galleries plus cute shops like Two Bays, with cool souvenir T-shirts. Fine dining is a stone's throw away, and Sleeping Bear Dunes National Lakeshore is just 25 miles west.



Mineral Point, Wisc.

As a quintessential artsy town in Wisconsin's Driftless Area, Mineral Point's nine antique shops sell everything from antiquarian books (Foundry Books) to Native American textiles (Tunestam's Antiques). Handmade apparel is sold at Simply Scarfs and Artful Apparel. Knitters might enjoy dropping by Alpacas of Prairie Station or Red Horse Farm for fleece and yarn from local alpacas. A Wisconsin craft beer or wedge of artisanal cheese is available at several places, including Brewery Creek Brewpub.

Midwestern small towns to visit now

There's no better place to relax than these charming, quaint towns that exude Americana. Upon arrival, expect to be lured in by adorable antique shops, cute cafes, beautiful bakeries and amazing art galleries. Here are five of the best. **FODORS**



Woodstock, Ill.

With a downtown artfully arranged around a historic town square, it's easy to find crepes of many kinds (La Petite Creperie), a good read (Read Between the Lynes, a

bookstore) or refurbished antiques (Rare Rubbish). If you think you've seen Woodstock before, you probably have: in the film "Groundhog Day," when the town morphed into Punxsutawney, Pa., during filming.

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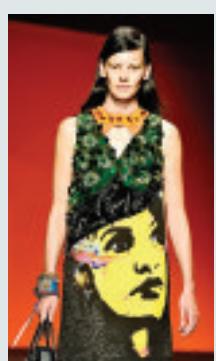


Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. This season there were super-sheer garments, peek-a-boo cutouts and belly-grazing necklines. Gucci kicked this off with its very first look, featuring not only a see-through shirt but also a sheer bra.

**White is trending**

The summer shade has been everywhere, including Jil Sander, Versace and Alberta Ferretti, who played on its more innocent connotations. Meanwhile, Costume National showed a more sensual take on the trend.

**The shirt dress is a thing**

The look has popped up all over the fashion circuit, from Alexander Wang in NYC to Paul Smith in London. Now it's made its way to Milan via No. 21 and Tod's, where embellishments and eyelets send this idea into more wearable territory.

**The bra top is the new crop top**

As if the crop top wasn't taking flesh-flashing far enough, now the bra top has stolen its crown. In Milan, shows such as Emilio Pucci, Moschino and Dsquared2 were littered with them, featuring both jazzed-up prints and neutral shades.

**The graphic print party continues**

No one quite owns the idea of print-mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and color as they were about print.

See

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Five trends from Milan Fashion Week

You can always rely on Milan for two things: exuding luxury and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for Spring '14. Despite the different scenes across New York, London and Italy's capital, discernable similarities have already emerged—so take note. **KIT GILBERT**



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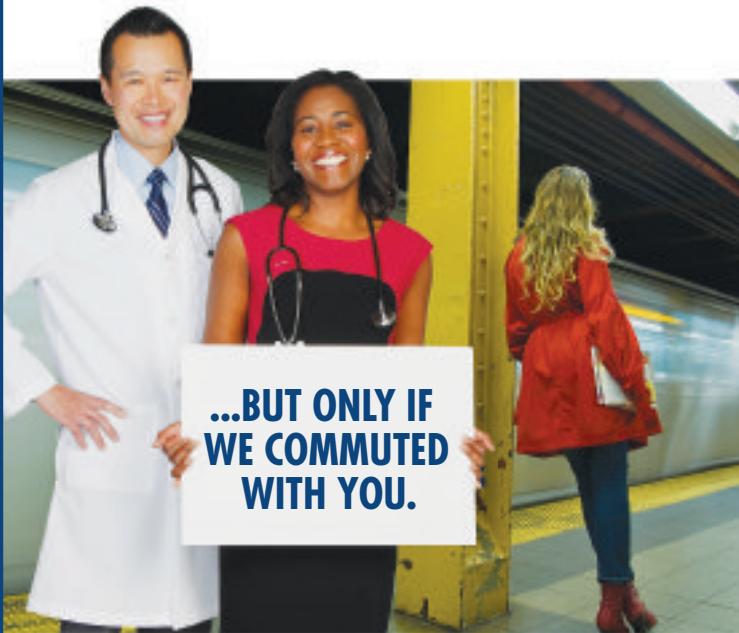
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Baking to

Fight. Gretchen Holt-Witt is the force (and mom) behind Cookies for Kids' Cancer.

It's been six years since Gretchen Holt-Witt learned that her son Liam had pediatric cancer, five since she started her non-profit against the disease — Cookies for Kids' Cancer — and two since we last spoke with her. A lot can happen in two years.

"It's a really good time to be talking because we are about to make a decision where our 2013 grants will go," says Holt-Witt, who by day is the public relations director of baking products company OXO.

She lost her son to the disease in July 2011, but she's still fighting. Her organization, which encourages people around the world to host bake sales and other events to raise funds for pediatric cancer, has raised more than \$7 million for the disease and funded six new treatment options for children with cancer.

Though pediatric cancer is the No. 1 disease killer of children in the

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chip and white chocolate macadamia nut — on its website, with 100 percent of the proceeds going to pediatric cancer research. Consider your holiday gifting problems solved.

U.S., taking more children's lives than asthma, AIDS, muscular dystrophy and MS combined, Holt-Witt says she was stunned to hear her son's doctor's initial remarks to her.

"One of the first things that Liam's doctor said to me was that nobody cares about a kid who has cancer," she says.

But she realized something after that early conversation. "It's not that people don't care —

it's that they don't know about the need. As long as you tell them what's needed and then give people something that they can do," she says, then people are eager to get involved.

And getting involved in the fight against cancer is as easy as pie — or cookies, for that matter. You can register your next bake sale, school dance, community race or other local event to

Quoted

"I know that I have to meet Liam again, and I know that the very first question he's gonna ask me is, 'Did you make it better for others?'"

Holt-Witt

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"The thing that always amazes me is how fast Cookies has grown," says Holt-Witt, pictured with Liam in 2010. / PROVIDED

benefit Cookies for Kids' Cancer at www.cookiesforkidscancer.org. Recipes to get you started in your baking can be found in Holt-Witt's two Cookies for Kids' Cancer cookbooks — from which 100 percent of proceeds support the cause.

"I want everybody to feel that they have a stake in the game, and that they have a way they can get involved," Holt-Witt says. "Every dollar counts and

every dollar is precious."

Though Liam is no longer around, Holt-Witt has no plans of slowing down her work with the foundation.

"I know that I have to meet Liam again," she says, "and I know that the very first question he's gonna ask me is, 'Did you make it better for others?'"



MEREDITH ENGEL
meredith.engel@metro.us

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PARENTING 28

Wolfing down parenting tips

Coping. Alicia Coppola — the mom from “Teen Wolf” — hosts a new Web series for new parents.

You may know her primarily as the werewolf mom of Derek Hale on MTV’s “Teen Wolf,” but now Alicia Coppola is taking on another parenting role that is slightly more traditional. The actress will host a brand new Web series titled, “Alicia Coppola on Parenthood Today.”

The spots will run weekly on Parenthood Today TV, a parenting website offering video guides covering topics related to family and child care.

In each short episode, the L.A.-based mother of three (this does not include werewolf offspring) will provide answers to questions relating to topics such as pregnancy, baby names, parenting techniques and sibling rivalry.

The Web series isn’t her only extracurricular activity, though. Coppola recently published her first book, “Gracefully Gone.” In the memoir, she describes her decade-long journey of dealing with her father’s struggle with cancer.

It’s a topic that’s close to her heart and one that she plans on exploring in the Parenthood Today Web series. Coppola will discuss ways to help children cope with the loss of a loved one.

“It is all too often, unfortunate and sad that the children of a sick parent become collateral damage,” she says. “This is not due to neglectful parenting or lack of love; neither the children nor the parents are to blame. ... It is imperative that we treat these children and their grief with extra love, hugs, honesty and respect.”

Tune in to the online channel for the 20 webisodes, scheduled to be released on a weekly basis over the coming months.

METRO

Alicia Coppola on Parenthood Today



If you’re a new parent, then it would behoove you to see a lot more of Alicia Coppola. / PROVIDED

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Quoted

“It is all too often, unfortunate and sad that the children of a sick parent become collateral damage.” Coppola, on helping children cope with loss

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- I have cramps in my legs which always happen when I walk the same distance.
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- My feet are always dry and scaly - sometimes they itch.
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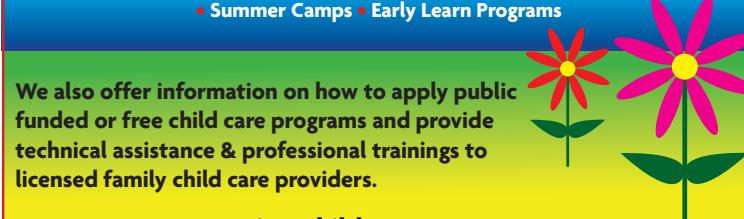
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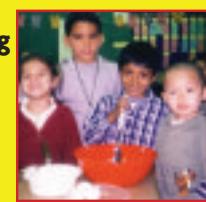
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Make time for kids and for your partner

Making time.

Don and Debra MacMannis share tips on how to strengthen family ties.

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book they say are needed to create lasting bonds called, "How's Your Family Really Doing?"

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect:

1 Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.



The MacMannis family is bound by check-ins. / PROVIDED

Tip

Use technology

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

2 Too many parents give all the love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

3 Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself calm, centered and quiet, and remember not to give unsolicited advice.

4 Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." **METRO**



When you text to tell the little ones you love them, this might be how they'll respond. / STOCKBYTE

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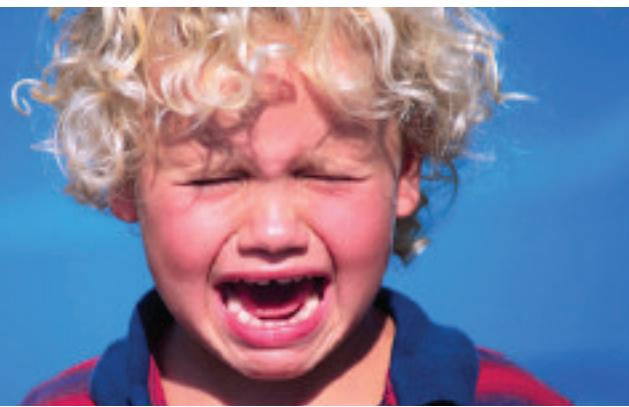
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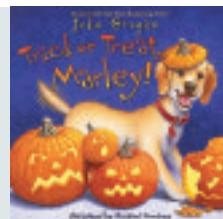


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'Trick or Treat, Marley!'

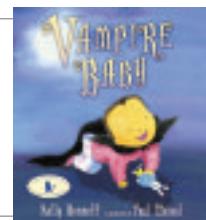
Everyone's favorite yellow Labrador retriever, Marley, is back in this book for children aged 4 to 8. Read along as

Marley gets into the holiday spirit a little too much — he gets into the candy, gets his head stuck in a pumpkin and almost ruins his family's Halloween party.

'Vampire Baby'

Tootie used to be a "cuddly, gaga-goo-goo" baby until one night she develops what appears to be fangs. Her

big brother is pretty sure Tootie has turned into a baby vampire — after all, what's up with all the biting? Read along as her big brother uncovers the truth.



'Hedgehug's Halloween'

Cute little Hedgehug has nothing to wear to the big Halloween party. All of the last-minute ideas he has

don't work. Luckily, his friends and fellow creatures from the forest come to his rescue and outfit him in the best costume yet.



'It's Halloween, I'm Turning Green!'

Part of the "My Weird School" books series by best-selling author Dan

Gutman, this book, for older readers between 6 to 10, contains "the weirdest Halloween story in the history of the world" plus puzzles, trivia, games and more.



'Halloween Night'

Brandon Dorman's bold, graphic illustrations will grip little readers aged 5 to 9 (but they might be a little too scary for readers younger than that, unless they really dig

monsters). His bewitching work shows monsters, zombies, green creepies, ogres, witches, toads, mummies and a "plump little rat" plan — and then enjoy — the most epic of Halloween parties.

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Horoscope

◆ Libra | Sept. 23-Oct. 22.

Communication will be your ticket to information that can help you advance.

♏ Scorpio | Oct. 23-Nov. 21.

Get in touch with an old friend. The memories you share will remind you of something that will help prevent you from making a financial mistake.

♐ Sagittarius | Nov. 22-Dec.

21. Express your thoughts and follow through with your plans. An emotional situation may deter you. Assess the situation, make adjustments and disregard opposition.

♑ Capricorn | Dec. 22-Jan.

20. Listen to what others say, but don't alter your plan based on hearsay. Make your decisions based on facts, as well as gut feelings.

♒ Aquarius | Jan. 21-Feb. 18.

Stick close to home. Fixing up your place will make you feel good and give you a reason to entertain.

♓ Pisces | Feb. 19-March 20.

Look over contracts, settlements or any personal information that can help you expand an interest or project. Leave time for romance.

♈ Aries | March 21-April 20.

Use your intelligence in the workplace today. Employing your skills diversely will create a stir.

♉ Taurus | April 21-May 21.

Learn all you can. The more information you have, the easier it will be to impress your peers. A calculated, rather than unpredictable, approach will give an edge.

♊ Gemini | May 22-June 20.

Emotions will escalate, causing uncertainty. Don't believe everything you hear. Go directly to the source. An unexpected event will be beneficial.

♋ Cancer | June 21-July 22.

Live a little. Get out and enjoy new interests. Romance will develop if you make plans with someone special.

♌ Leo | July 23-Aug. 22.

Your ability to adapt will be crucial when dealing with an ongoing domestic situation. Someone you least expect will come to the rescue.

♍ Virgo | Aug. 23-Sept. 22.

Mixed emotions are likely to confuse you. Rely on past experience and old friends. An unusual route will offer the best destination. **BERNICE BEDE OSOL**

Letters

Sinecure
you can
believe in

treats include regulatory relief, tax code deductions, exemptions from Obamacare, contracts and political patronage jobs including plum assignments as ambassadors. The appointment of Carolyn Kennedy as ambassador to Japan is a quid pro quo for political support of the Kennedy family. During the 2008 Democratic Party Presidential Primary, at a critical moment, the late Sen. Ted Kennedy's and other family members' endorsement moved momentum away from former Sen. Hillary Clinton to Obama. President Obama's nose is longer than Pinocchio's!

LARRY PENNER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

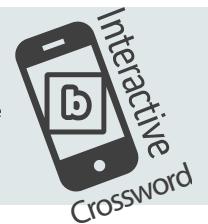
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You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



Sudoku: Easy and hard

2	5			1		
1		4	2	5		
	6			4	2	1
		5			3	2
6			2			9
8	7				6	
9	1	5		6		
			7	8	1	3
	6			5	9	

			5		6	
			9	4		8
8			7	6	1	3
3				2	7	
9	7			6	4	
4	3				2	
4	9	7	6			8
8	1	9				
5			2			

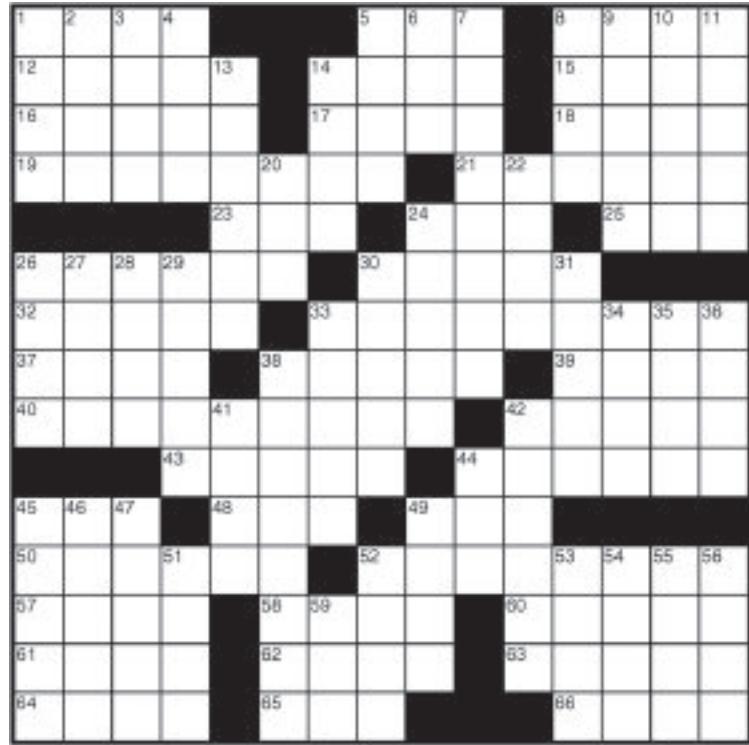
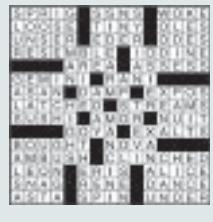
Crossword

Across

- 1 Liniment
- 5 Slumber-party attire
- 8 "What's the big —?"
- 12 Distant
- 14 Bark, sometimes
- 15 Press
- 16 Concrete reinforcer
- 17 LP player (hyph.)
- 18 Daybreak, in verse
- 19 Gift
- 21 Kidded around with
- 23 Zig's counterpart
- 24 NYC opera house
- 25 Lamprey
- 26 Frolicked
- 30 Civilian dress
- 32 Goya's home
- 33 Use the mind's eye
- 37 Glen or dale
- 38 Bedouin's mount
- 39 No future — —
- 40 Leveled out
- 42 Craft knife (hyph.)
- 43 Adventure tales
- 44 Decree
- 45 Brewer's plant
- 48 Spoil
- 49 Md. neighbor
- 50 Like some battles
- 52 Roofed with straw
- 57 Wire thicknesses
- 58 About (2 wds.)

- 60 Bring cheer
- 61 Erelong
- 62 Not cluttered
- 63 Sofa
- 64 The boy— door
- 65 Garnet or ruby
- 66 Dennis, to Mr. Wilson
- 34 Andes empire
- 35 Rigatoni kin
- 36 School founded in 1440
- 38 Christmas fun
- 41 Tarzan's title
- 42 Like some films (hyph.)
- 44 Biologist's eggs
- 45 Half of Mr. Spock
- 46 Conjecture
- 47 Garden flower
- 49 Sharpen
- 51 Doesn't exist
- 52 Ore hauler
- 53 Trim back
- 54 Come down with
- 55 LAX guesses
- 56 Soup-can flaw
- 59 Society column word
- 1 Zinger
- 2 Helm position
- 3 Slow pitches
- 4 Castle defense
- 5 Noted groundhog
- 6 Skippy rival
- 7 Vindictive
- 8 Czar's parliament
- 9 Notched, as a leaf
- 10 Be in accord
- 11 Tennis standout Ivan —
- 13 Like popsicles
- 14 Thick carpet
- 20 Gob of bubble gum
- 22 Wonder Woman's friend
- 24 Thought on
- 26 Invitation letters
- 27 Fall birthstone
- 28 Actress — Powers
- 29 Devoutness
- 30 Plays charades
- 31 Trojan War story
- 33 Boast about

Yesterday's answer



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3 SPORTS

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Call it a season

CC Sabathia shut down for rest of season

With the wild card slipping away, the Yankees are probably done for the season. They can join starter CC Sabathia, whose 2013 is officially done.

The team announced yesterday morning Sabathia suffered a Grade 2 left hamstring strain in his last start and will not pitch for the remainder of the season. Even if the Yankees do make the playoffs, he will not be available as the recovery time is about eight weeks.

The injury brings to an end a disappointing season — probably the worst of his career. He is 14-13 with a career-worst 4.78 ERA.

MARK OSBORNE



Eli Manning didn't place any blame on his offensive line despite their obvious struggles on Sunday. / GETTY IMAGES

GIANT QUESTIONS

NFL. The Giants have been left shaking their heads after a 0-3 start and embarrassing loss this weekend.

Giants head coach Tom Coughlin had a simple message when asked about the plight of his 0-3 team and whether they

can remedy the situation. "Your team is your team. I think you have to deal with reality," Coughlin said. "We are one. What we really need to do is stick together. ... No finger-pointing."

While quarterback Eli Manning may secretly be wishing for a shakeup along the offensive line, especially after he was sacked seven times by the Panthers, he'll never openly admit that.

Manning did allow that something was missing in the 38-0 shutout to the previously winless Panthers.

"We've got to have greater energy, greater enthusiasm," Manning said, adding he doesn't blame fans and media for any criticism. "When you lose 38-0, anything you say about us deserves to be said."

One thing that didn't sit well was the postgame remark by wideout Hakeem Nicks, who said, "I can't

throw the ball to myself." Coughlin said yesterday Nicks's comments were "not a smart thing to say." But Manning let cooler heads prevail a day later.

"I like for all of my receivers to be happy and to get a lot of catches," Manning said. "I think he knows I have great confidence and trust in him."

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Making a statement

Jets offensive line shuts down Mario Williams

After a franchise-best 4 1/2 sacks last week in a dramatic win over the Panthers, Bills defensive end Mario Williams was primed for another big afternoon. Instead, he was shut down and frustrated in the Jets' 27-20 win on Sunday.



Nick Mangold / GETTY IMAGES

The matchup didn't look favorable with quarterback Geno Smith having been sacked eight times in first two weeks. They surrendered none against the Bills.

"I thought we had a good plan going into it. Watching the film [from Sunday], we did some good things, but there's some things to be cleaned up," center Nick Mangold said. "You obviously want

to protect the quarterback — and when you do, you can do some big things."

Williams rarely got close to Smith.

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